

OPEN STICK AND PUCK

The purpose of **Stick & Puck** time is to provide players the opportunity to practice things they cannot practice during public sessions and other hockey related ice times. This includes, but is not limited to: basic skating skills, power skating, stick handling, and shooting technique. **Stick & Puck** also provides a less crowded environment for private instruction. Open sessions are for all ages. Typically we would encourage older players to stay on one half of the rink and leave the other for younger players. This all depends on the number of skaters that come and their ages.

Rules for Open Stick and Puck

- 1) Everyone on the ice needs to sign in at the cashier booth and purchase a ticket.
- 2) Each player must have their own helmet, skates, gloves and stick.
- 3) Full equipment is recommended.
- 4) Helmets MUST be worn at all times, including the bench area. All participants under the age of 18 must wear a full shield.
- 5) Full face shields are strongly recommended.
- 6) There are to be no small/full ice games during **Stick & Puck**. No scrimmaging.
- 7) Private lessons are one coach, one player. No group lessons.
- 8) It is not the responsibility of the rink to provide pucks or equipment.
- 9) Be aware of those around you when shooting/skating for a puck.
- 10) Goalies play for FREE.

Violation of these rules will result in ejection from the ice with no refund.

